

Let's Move!



**Movin' and Shakin' in Physical
Education at Little Bennett
Elementary School**

Striking an object without an implement in a confined space (aka...having fun while hitting a balloon!)



Training for the Rockettes?



Building trust and...having A LOT of fun at the same time!



Jump Bands!

Working together using a 4 beat rhythm to create a jumping pattern



Yes, there is a mat underneath!




Learning to FLY!






Chinese Jump Rope



Jumping to
the
pattern,
"left, right,
in, out, on"



Leaping the snake!



Inverted balance



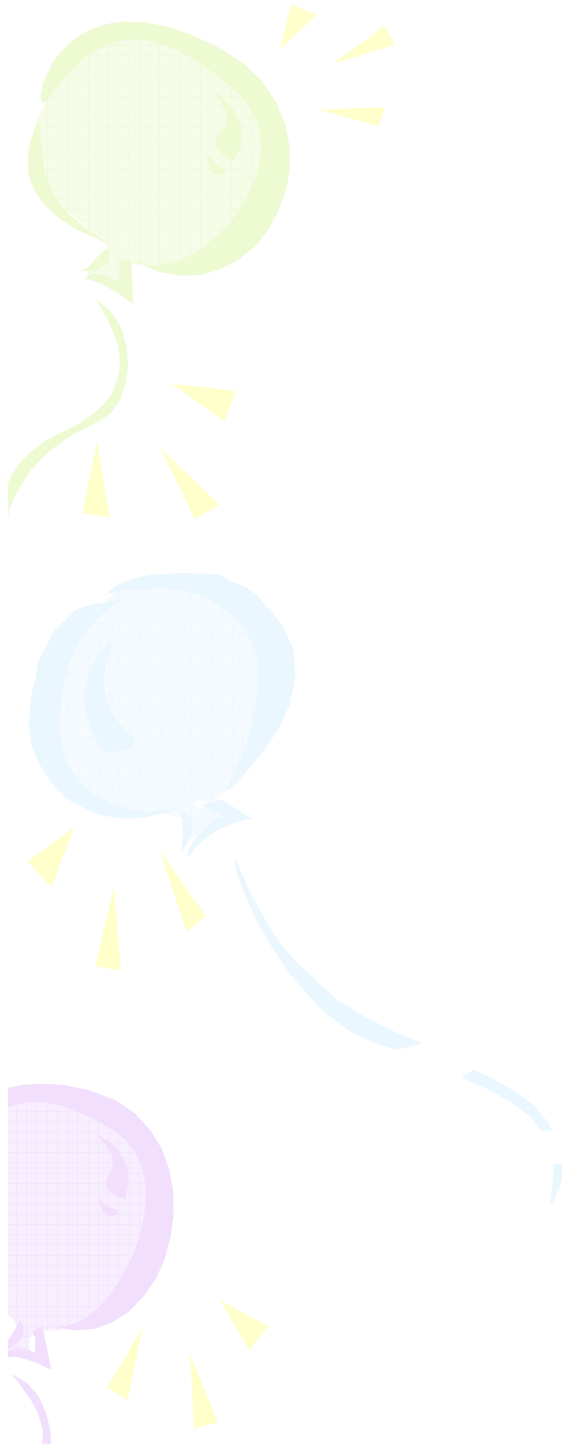
Plate Spinning at the Little Bennett Circus!



Combining gymnastics and basketball!



Touchdown!



Physical Education and Reading combined!

Teams collect letter cards, relay style, for 3 minutes...



...then they spend 90 seconds
catching their breath and
creating words.



Kindergarten jumpers! I wish I could bottle their energy!



Don't hit your head on the ceiling, Jimmy!



Yes, we still do good ol'
jumping jacks!



Push-ups too!



FORE!

Learning the golf swing using
pillo polo sticks and mini
soccer balls.



Soccer Skill Progression:

1. Using deck rings to improve soccer skills.



2. Dribbling, pulling the ball, and high fiving all at the same time!



**3. Stopping on a
"dime"
(math and PE skills
combined)**

Students dribble to a
base, stop their ball
on top of it, and then
give themselves 10
cents.





4. Then
stopping on
a “nickel,”
and finally a
“quarter.”

5. Finishing up with dribbling while defenders on scooters try to tap the ball away.



That's just
a small
peek at
Physical
Education
at Little
Bennett.

Drop by
some time
and join
the fun!

